



News for friends of the Fairchild Medical Center Foundation

## Fairchild Medical Center Foundation

444 Bruce Street  
Yreka, CA 96097  
(530) 842-4121

**FALL 2006**



Building A Healthier Community

### MISSION STATEMENT

The mission of the Fairchild Medical Center Foundation is to support Fairchild Medical Center by securing funding to provide exceptional health care to all in need.

### BOARD OF DIRECTORS

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## 2006 FMC Foundation Golf Tournament Winners



Bank Hole Winner – Rich Friebel with Golf Committee Member, Gene Fink



Long Drive Mens – Troy Graves, Long Drive Ladies – Annika Wilkes



1<sup>st</sup> Place Low Gross Winners: Richard Conroy, Tom Hermant, Troy Graves and Tom Powers (not pictured)



1<sup>st</sup> Place Low Net Winners: Bob Ensele, Ed Titus, Rich Friebel, Justin Friebel



2<sup>nd</sup> Place Low Gross Winners: Tom Redding, Spud Koon, Bill Duchi, Rohn Smith



Closest to Pin: Men – Bill Newman, Ladies – Frankie Mulloy



2<sup>nd</sup> Place Low Net Winners: Iwan Gonczurk, Chuck Cort, Darryl Wheeler, Steve Nelson

\$22,000 was raised to purchase a new BioZ Impedance Cardiography Diagnostic Machine. Since its inception, FMC Foundation Golf Tournament has raised over \$225,000 for new equipment purchases at the hospital.

We would like to thank the many volunteers that help make the Foundation's Golf Tournament the success that it is. Many of these volunteers have worked every year of the golf tournament. Our hats go off to Marcia Allen, Robin Bailey, Doug & Tina Blangsted, Susan Cervelli, Marcia & Jerry Churchill, Lael & Carolyn Collins, Shelly Davis, Dave Dealey, Lori Hottendorf, Gene Fink, Shirley Fisher, Jim Flett, Esther Gebelein, Sandy Hedin, Ann Kaster, Doug Langford, Mary Lorenzini, Pete Nixon, Matt Osborn, John Pomeroy, Jay Quisenberry, Jackie Roy, and Kathy Shelvock. We would also like to thank Fred Duchi and the wonderful staff at Lake Shastina Golf Resort for all of their help with our golf tournament.

Plans are underway for the 13<sup>th</sup> Annual Fairchild Medical Center Foundation Golf Tournament, on Sept. 9, 2007.

You couldn't have asked for a more perfect day at Lake Shastina Golf Resort when golfers came together to help raise money for new equipment at Fairchild Medical Center during the Foundation's 12<sup>th</sup> Annual Golf Tournament. Many people took home fabulous prizes won in the golf tournament and from the auction and raffle that took place following golf. Some of the prizes won were a set of golf clubs, golf bags, overnight golfing package, fishing trips and more.

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of the

Fairchild Medical Center  
Foundation

for all community members,  
our employees, medical staff  
and friends of the  
Fairchild Medical Center.

If you wish to be included or removed from  
future mailings contact the  
FMC Foundation Office, 444 Bruce St.  
Yreka, CA 96097

# BEHIND THE SCENES WITH FMC ENGINEERING DEPARTMENT

By Betsey Shuteroff with Bob Ensele

A famous architect once said, "A house is a machine to live in." Just imagine what kind of a machine a hospital is!

A hospital is a very complicated machine that provides and maintains the myriad equipment and systems for multiple specialized medical situations, business operations, food preparation, public comfort and assistance, and so much more. Furthermore, things just can't break down in the hospital without significant impact on the entire community: we are here to save lives, welcome new lives, heal, comfort, educate. We must do this with safety and efficiency for patients as well as our personnel. We must be prepared at all times for any emergency or situation, large or small.

The responsibility for maintaining our hospital rests on the Engineering Department and the broad shoulders of Bob Ensele, Manager of Engineering. Bob has been an employee of the Medical Center for 28 years, the past 18 as manager. He was a key player in the building of the new FMC, and it can be said that he knows some stuff.

A chat with Bob is an eye-opener for just how much his team does in our hospital. Basically, the engineers are responsible for the wellbeing and efficiency of the hospital facility. This includes the preventative maintenance, testing and repair of all building related equipment such as: heating, ventilation, and air conditioning systems. Medical Gas delivery systems, which includes oxygen, suction, medical air, nitrogen, nitrous oxide, the electrical system and associated infrastructure including the all important emergency generator.

Talk about plumbing! They maintain the domestic water distribution system, (hot and cold), hot water boilers, and building heat and water heat. They also take care of the communication systems, telephone, radios, paging.

Another huge area of responsibility is the installation of new equipment. Our hospital is committed to providing state of the art equipment for diagnosis and treatments. The engineering department is tasked with assuring that all utility requirements for that equipment are present. In addition to that, the department is responsible for the operation and accuracy of upwards of 650 medical devices that are used to diagnose and treat patients throughout the many clinical areas.

For larger modifications the engineering team works with outside engineers and architects to facilitate complying with and meeting complicated state and federal codes and requirements.

As if that is not enough, the engineering group is also responsible for maintaining the appearance of the entire facility. This includes the repair of wall damage, constant need for repainting, floor repairs, etc.

We are especially proud of our grounds at FMC, and yes, that also is in the purview of this diverse group. Everyone, patients, families, community, and employees alike enjoy our lovely flower gardens and peaceful memorial areas. Our almost 5 acres of landscaping are skillfully and faithfully attended by our two grounds keepers, Janice Hayden and Matt Gould.

Engineering also provides mechanical, carpentry and electrical services for the departments

when changes, fixes or improvements such as shelves or cabinets are needed in the work spaces.

It would be hard to find anyone working here that has not benefited from our hardworking and patient engineers. "Make out a work order" is what we say, and sure enough, one of them comes and viola!

As a final comment about this team, it is noteworthy that as a group, (and longevity is not unusual at FMC), the crew of 4 mechanics and 2 grounds keepers have a combined 104 years. Now that's a long time. We all thank "Mr. Ensele", Bob Thompson, Steve LeMere, Bob Donovan, Janice Hayden and Matt Gould for their fine contributions to FMC.



Bob Donovan, Matt Gould, Janice Hayden, Bob Ensele, Bob Thompson & Steve Lemere

## DON'T BUG ME

Georgianne DeMarco, RN - Infection Control Nurse

### EMERGENCY PREPAREDNESS

If there were to be a major emergency, you should be prepared to live without running water, electricity, gas and/or telephone for at least 3 days. To be able to do this, you need to obtain supplies that will last you and your family for that time period. Here is an Emergency Supplies Checklist for you to keep on hand. Remember to check your supplies at least every 6 months; exchange items that are about to expire.

#### Essentials

- . WATER- at least one gallon per person per day
- . Water purification kit
- . First aid book and kit, freshly stocked
- . Food-nonperishable
- . Can-opener (non-electric)
- . Blankets or sleeping bags
- . Portable radio, Flashlight and spare batteries
- . Essential medications
- . Extra eyeglasses
- . Extra keys-house and car
- . Fire extinguisher-A-B-C type
- . Food, water and restraint (leash or carrier) for pets
- . Cash and change
- . Baby supplies'- if needed

#### Sanitation Supplies:

- . Large plastic trash bags for waste, tarps and rain ponchos

- . Large trash cans
- . Bar soap, liquid detergent and hand sanitizer
- . Shampoo, comb, brush
- . Toothbrushes and toothpaste
- . Feminine hygiene supplies
- . Toilet paper
- . Household bleach

#### Safety and Comfort

- . Sturdy shoes
- . Heavy gloves for clearing debris
- . Candles and matches
- . Change of clothing
- . Knife or razor blades
- . Garden hose for siphoning and firefighting
- . Tent
- . Paper, pens, stamps

#### Cooking

- . Plastic forks, spoons and knives
- . Paper plates, cups, napkins
- . Paper towels
- . Heavy-duty aluminum foil
- . Camping stove for outdoor cooking (caution: before using fire to cook make sure there are no gas leaks; NEVER use charcoal indoors)

#### Tools and supplies

- . Axe, shovel, broom
- . Adjustable wrench for turning off gas
- . Tool kit including screwdriver, pliers and hammer
- . Coil of 1/2" rope
- . Plastic tape, staple gun and sheeting for window replacement
- . Bicycle
- . City map

## Congratulations to the "Baby of the Month" Footprints to the Future Winners

- |             |  |
|-------------|--|
| July Baby:  | Annabella Lily Robustellini<br>Mother: Kim Robustellini<br>Birthdate: July 17, 2006        |
| Aug. Baby:  | Jason Roope<br>Mother: Jennifer Caldwell<br>Birthdate: August 10, 2006                     |
| Sept. Baby: | Jossalyn Alissa Rose Kirkland<br>Mother: Lillian Kirkland<br>Birthdate: September 25, 2006 |

This information provided courtesy of the California Governors Office of Emergency Services

So remember, be prepared, keep this list current and accessible, check outdates on batteries, canned goods, water, medicines etc ...and WASH YOUR HANDS

## Clip and Mail "Together We Can Climb Any Mountain"

Pinnacles of Giving Society

- \_\_\_\_\_ \$5,000 Mt. Shasta President
- \_\_\_\_\_ \$2,500 Marble Mountain Leader
- \_\_\_\_\_ \$1,000 Goose Nest Partner
- \_\_\_\_\_ \$500 Mt. Eddy Fellow
- \_\_\_\_\_ \$250 Black Butte Pioneer
- \_\_\_\_\_ \$100 Willow Creek Mountain Associate
- \_\_\_\_\_ Other \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Enclosed is my tax deductible contribution of

\$ \_\_\_\_\_ Payable to:

**Fairchild Medical Center Foundation**  
444 Bruce St., Yreka, CA 96097

Your tax-deductible gift will help maintain the highest quality health care for those we serve today and for future generations.

## HEALTH FAIR 2006

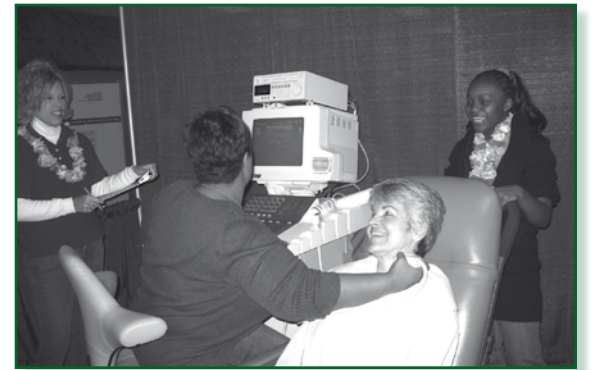


Fairchild Medical Center held their 8th annual Health Fair September 23, 2006. Close to 600 people gathered information from approximately 67 booths. There was a great variety of participants including Madrone Hospice, Siskiyou Domestic Violence and Crisis Center, Victim Witness, Northern California Transplant Bank and a mobile blood donation station. There were presentations given by Geri Quintero, Licensed Acupuncturist, on Fibromyalgia Pain and Digestive Disorders, Dr. Gary Wade on Osteoporosis-The Silent Killer, and PA Moudy Youssef on The Importance of



Health Care Management. Shimpoyo Martial Arts demonstration by Sensei Daniel Stuck and his students drew quite a crowd and Sigird Mikec and her seniors presented a Line Dancing demonstration. Grizz Adams from Siskiyou County Public Health Disaster Response was on hand with the mobile Decontamination Unit and Surge Capacity tent.

These were very impressive units. The Decontamination Unit is designed to handle two lines of people, one line for stretchers and the other for those who are ambulatory. The unit has its own heating, water storage and generator. The unit is used for hazardous material decontamination, limited external radiological exposure and biological attack. The Surge Capacity unit is actually a 16' by 24' tent much like a MASH unit. The unit has heating, air conditioning, lighting and storage for equipment and clothing. It has a 10 cot capacity and can be used in extreme emergencies or if the hospital is over crowded. Homeland Security and Center for Disease Control grants funded the purchase of the unit. Both Fairchild Medical Center and Mercy Mount Shasta have two Surge Capacity units. The Yreka Branch of FMC Guild held its famous Ice Cream Social with some of the best homemade ice cream around! The Auxiliary held a Used Book sale that drew quite a bit of interest. And, of course, the BBQ booth well dressed in Hawaiian fashion was very busy selling chicken kabobs, burgers, hot dogs and veggie burgers. Peggy Amaral, Health Fair Chairperson, was very pleased with how the community comes out for the wealth of information that was on hand. Peggy starts sending letters to prospective booth representatives in the spring. Each year the Health Fair becomes bigger and more organized. Thank you Peggy and the entire FMC staff for volunteering your time and bringing our community this fabulous event.



## PLANNING WITH PURPOSE

### TAX SAVING IDEAS TO CONSIDER BEFORE 12/31/06

✓ Take out a copy of the federal tax return you filed for 2005. Did you "itemize" your deductions? Look at the deduction categories in Schedule A with an eye to minimizing those deductions before 2006 comes to an end. If you used the standard deduction, make it your goal to pile up enough deductions to "itemize" for 2006. Consider "bunching" some 2007 deductible expenses with this year's deductions. You may be able to prepay 2007 real estate and state income taxes in 2006, for example.

✓ Investigate postponing some income into 2007. Unless you expect to pay alternative minimum tax (AMT), try to defer some investment income. You might want to purchase short-term (one year or shorter) certificates of deposit that can't be cashed without penalty before the 2007 maturity date. Interest earned on a CD in 2006 won't be taxed until 2007. U.S. savings bonds (series EE or I) defer reporting of interest until you cash the bonds. And if you plan to sell property, ask your advisers about using an installment sale that postpones some of the tax.

✓ Take stock of your stocks... and other investments. If the market hasn't been kind to your portfolio, consider selling some "losers". Capital losses are fully deductible against capital gains, and any excess losses can be deducted against ordinary income up to \$3,000. Capital losses can be carried over to subsequent years. Note: If you sell stock at a loss, you will have to wait 30 days before repurchasing similar shares.

✓ Contribute the maximum to your qualified retirement plan or IRAs, particularly any plan where an employer matches part or all of your contributions. The IRA limit this year is \$4,000 and workers age 50 or older may make additional "catch-up" contributions of \$1,000. Consider contributing to a nondeductible IRA if you are already giving the maximum to other plans.

✓ Consider family gifts. Effective this year you can give away \$12,000 annually to as many different people as you wish free of federal gift tax (\$24,000 per person for married couples who "split" gifts). Gifts of income-producing assets may also save the family income taxes if the recipient is in a lower tax bracket than the donor. Note: Investment income exceeding \$1,700 of children under age 18 is taxed at the parents' top tax rate (the so-called kiddie tax).

✓ Maximize charitable deductions. You may want to make both your 2006 and 2007 charitable contributions before the end of the year, especially if it enables you to "itemize" this year.

### TAX-CUTTING GIFT STRATEGIES

If possible, you should make gifts with stocks and bonds in which you have a large paper profit (long-term capital gain). The profit escapes tax, and your charitable deduction will be the investment's full fair market value, if held more than one year. Note: Gifts of securities may be deducted up to 30% of your adjusted gross income, with a five year carryover for excess deductions.

Remember that the date of delivery of gifts to charitable organizations is the test of whether a gift will be deductible for 2006. A check will be considered delivered, however, on the date you mailed it – even as late as December 31, 2006.

### NEW LAW PERMITS GIFTS FROM IRAs

Congress has revised the tax laws to permit donors over age 70 ½ to make charitable gifts through their IRAs.

The new law says that people age 70 ½ and older can instruct IRA trustees to make transfers to organizations they support without incurring taxable income on those amounts. Up to \$100,000 can be given in this manner, both in 2006 and 2007.

No income tax deductions are available for IRA gifts, but IRA donors can still save significant taxes by removing taxable income from their asset base. Note: The IRA trustee must transfer all gift amounts – you should not make withdrawals yourself and then write checks to charity.

## BLUEBERRIES



**Heart Warmers**  
by Susan Wade RD, CDE

... They may be tiny, but research suggests their health benefits are mighty. Blueberries have more antioxidants than any other fruit or vegetable. They have been referred to as "absolute powerhouses in the world of health promoting foods." Some of the most exciting news about blueberries is their effect on brain health. Blueberries have been found to be more effective than other foods in countering effects of aging and may reduce the effects of Alzheimer's disease or dementia. ½ cup of blueberries is 1 fruit serving. It contains 80 Calories and is rich in Vitamin C and E, beta carotene, folic acid, iron, fiber and potassium.

Wild Blueberry Bran Muffins  
Makes 36 muffins

11 ounces (3 cups) bran cereal	3 ounces (¾ cup) wheat germ
2 ½ cups low fat buttermilk	6 ounces (¾ cup) egg substitute
12 ounces (1 ½ cups) nonfat plain yogurt	¾ cup unsulfured molasses
12 ounces (3 cups) all purpose flour	¾ cup maple syrup
2 ½ T baking powder	4 ounces (½ cup) brown sugar
1 tsp baking soda	1/3 cup canola oil
½ tsp salt	18 ounces (3 cups) wild blueberries

### Directions

In a large bowl combine bran, buttermilk and yogurt. Let stand 15 minutes.

Reserve

In a separate bowl, combine flour, baking powder, baking soda and salt. Stir in wheat germ. Reserve

In another bowl blend egg substitute, molasses, maple syrup, brown sugar and oil, stir into bran mixture and mix well. Add to flour wheat germ mixture and mix just to moisten.

Fold in wild blueberries. Scoop ¼ cup batter into each greased 1/3 cup muffin tin (36 total) and bake in 400 degree F conventional oven or 375 degree F convection oven for 20 to 25 minutes or until firm to the touch. Serve warm.

### BEST YEAR-END CHARITABLE GIFT IDEAS

- ✓ Give securities that have grown in value (owned more than one year).
- ✓ Give through your IRA if you are over 70 ½.
- ✓ Contribute appreciated real estate.
- ✓ Make a gift that retains lifetime income for you or others.

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## FMC FOUNDATION FALL BARBECUE

The Board of Directors of Fairchild Medical Center and the Medical Staff were invited to attend the second annual FMC Foundation's Fall Barbecue.

For many years Foundation Board Member Betsey Shuteroff chaired the Community Relations Committee. This year Betsey stepped down as Chair of the committee and the Foundation wanted to recognize Betsey for her many years of service. At this year's barbecue, John Pomeroy, Chairman of Fairchild Medical Center Foundation presented Betsey with an engraved recognition rock for her new home and garden.

This was a wonderful opportunity for both Boards and the Medical Staff to come together and enjoy a casual afternoon of good food, good friends and good times! We would like to thank Jim and Laura Flett for hosting this social gathering at their home.



John Pomeroy, Chairman of FMC Foundation presents Betsey Shuteroff with her recognition rock

BBQ Chef's John Pomeroy, Chairman FMC Foundation & Jim Flett, FMC Foundation Vice Chairman



Fairchild Medical Center CEO Dwayne Jones with Dr. Steve Nelson and his wife Janice Nelson



Dr. & Mrs. Quazi Mohsin enjoying the BBQ Dinner with Dr. Michael Maloney

## CONTRIBUTIONS HAVE BEEN MADE TO FAIRCHILD MEDICAL CENTER FOUNDATION TO HONOR THE FOLLOWING:

### In Memory of Barbara Collier

Mark & Sherry Crawford • John Pomeroy, Chair FMC Foundation

### In Memory of Jerold Alan Mulloy

Mike & Louise Marlahan • Harriett Orchard

### In Memory of Genevieve Mathis - Harvey J. (Pat) Foster

In Memory of Alfred "Duane" Souza - Wes & Marian Hamilton

In Memory of Lyn Mesner - Wes & Marian Hamilton

In Memory of Dorothy Kyle - Tom & Peggy Amaral

In Memory of Carla Williams - Michael Crebbin

### In Memory of Ellen Hayden

Dwayne & Sandy Jones • Michael Crebbin • Larry & Frankie Mulloy  
Ben & Dolores Tozier • Jim & Freda Wilson • Jay & Maxine Quisenberry  
Duane & Evelyn Glendenning • David & Lynn Graham

### In Memory of Carl Francis

Judy Rue • Suzanne & Randy Froman • David & Debbie Howell  
Wendy Wilson • Tom & Peggy Amaral • Jennifer & Marcus Issoglio  
Georgeanne DeMarco • Debbie Sylva • Will Sandoval  
Tracy Hall • Diana Fregeau • Eric Himes • Kelley Moser  
Leslie Jones • Jerry Haskell • Linda Richter • Colleen Cowley  
Kristi Apodaca • Marlyce Bourne • Rob Overman • Louise Nixon  
Martin Black • Bobbie Phillips • Barbara Grimes • Debra Rodriguez

In Memory of Dale Zerull - Frank & Georgeanne DeMarco

In Memory of Fred Meamber - Michael Crebbin

### In Memory of Karen Elam

David & Betsey Shuteroff • Robin Bailey & Robert Mossgraber

### In Memory of Sue Marvin

David & Betsey Shuteroff • Robin Bailey & Robert Mossgraber

### In Memory of Steve Lyman

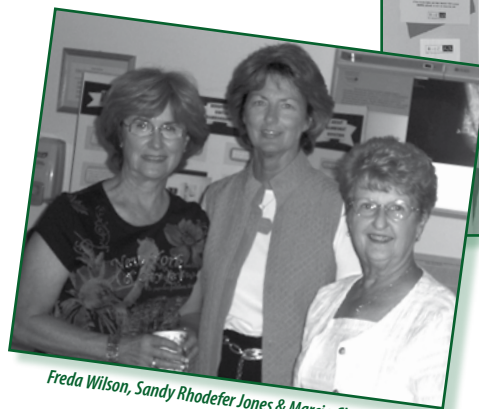
David & Betsey Shuteroff • Robin Bailey & Robert Mossgraber

In Memory of Judy Peddicord - Jerry & Marcia Churchill

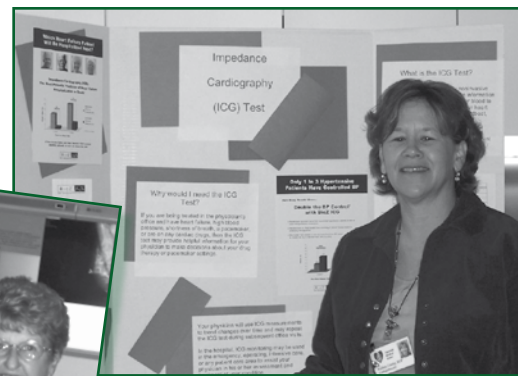
In Memory of Evelyn & Ted Braga - Nancy Braga

In Memory of Ernesta Rizzardo - Mike and Tersilla Precie

In Memory of Dennis Hanon - Mike Crebbin



Freda Wilson, Sandy Rhodfer Jones & Marcia Churchill



Colleen Cowley, Director of Cardiopulmonary Services

## EQUIPMENT PRESENTATION

The Board of Directors of Fairchild Medical Center Foundation hosted three receptions in July of 2006 to showcase new equipment purchased for FMC. Susan Ikenberry, Fund Development Coordinator for Fairchild Medical Center Foundation stated: "We are very proud of the work the Foundation is doing and wanted to show our donors the new equipment we have purchased as a result of their generous support." The BioZ Impedance Cardiography Diagnostic Machine, the Digital Mammography and PACS (Picture Archive Communication System) were featured. Mike Baker, Director of Imaging and Collen Cowley, Director of Cardiopulmonary Services presented these new pieces of equipment and were available to

answer any questions that arose. The Foundation is looking forward to hosting more of these receptions in the future. If you have any questions regarding the receptions or would like more information, please call the Foundation Office at (530)841-6239.



Marie Mires, Bill Overman & Marian Hamilton



Sam Cox & Jim Wilson